

**Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: a prospective cohort study**

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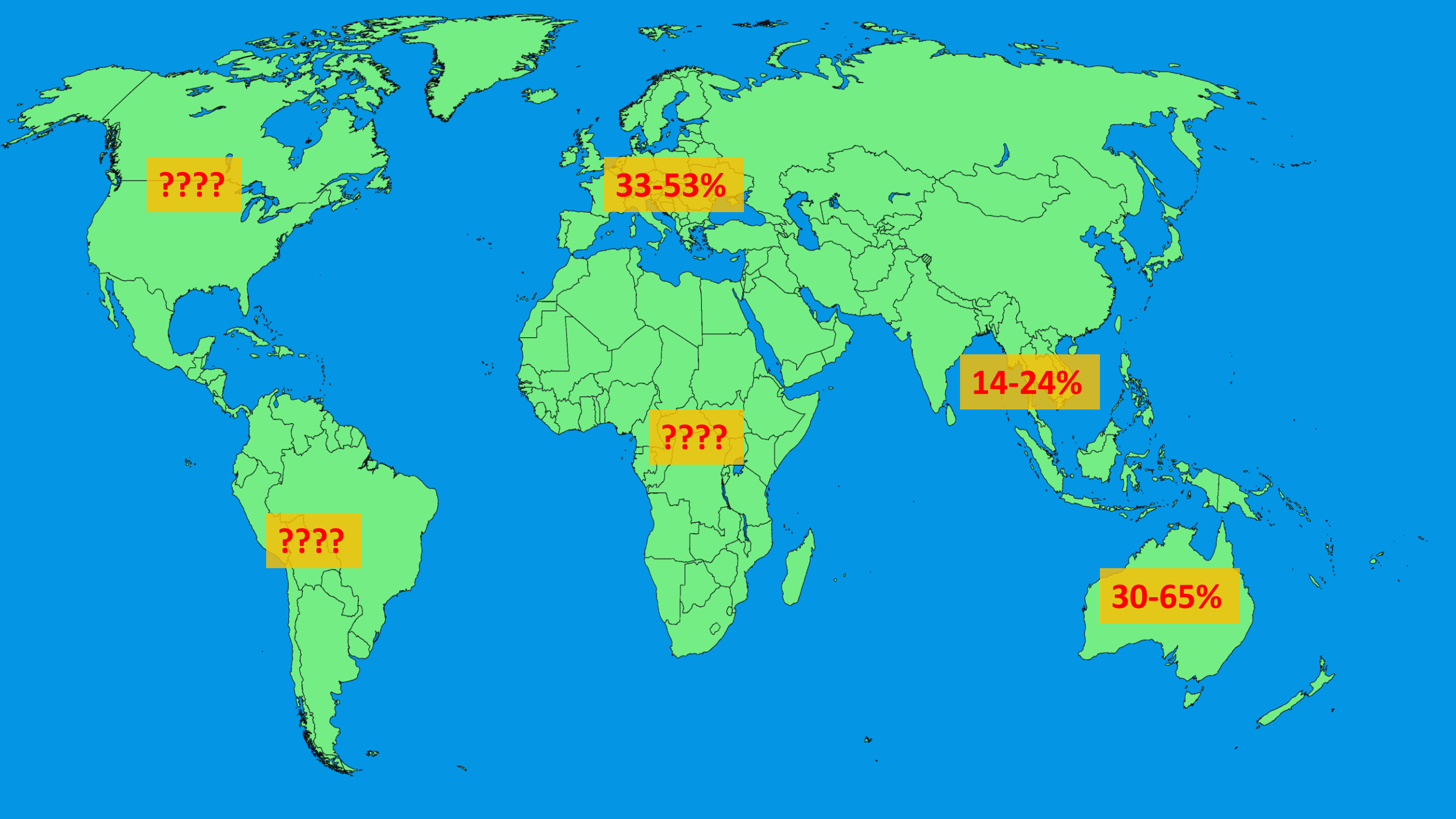
**Ms Skye Marshall**

**Dr. Adrienne Young, A/Prof. Judith Bauer, Prof. Elizabeth Isenring**

**IN PRESS: *Journal of Aging Research and Clinical Practice***

# Malnutrition





????

33-53%

????

????

14-24%

30-65%



## CLINICAL NUTRITION

# The consequences of malnutrition following discharge from rehabilitation to the community: a systematic review of current evidence in older adults

S. Marshall,\* J. Bauer\* & E. Isenring\*†

↑ ↓ = direction of negative change  
∅ = no change

Significance of change considered  
at  $P < 0.05$

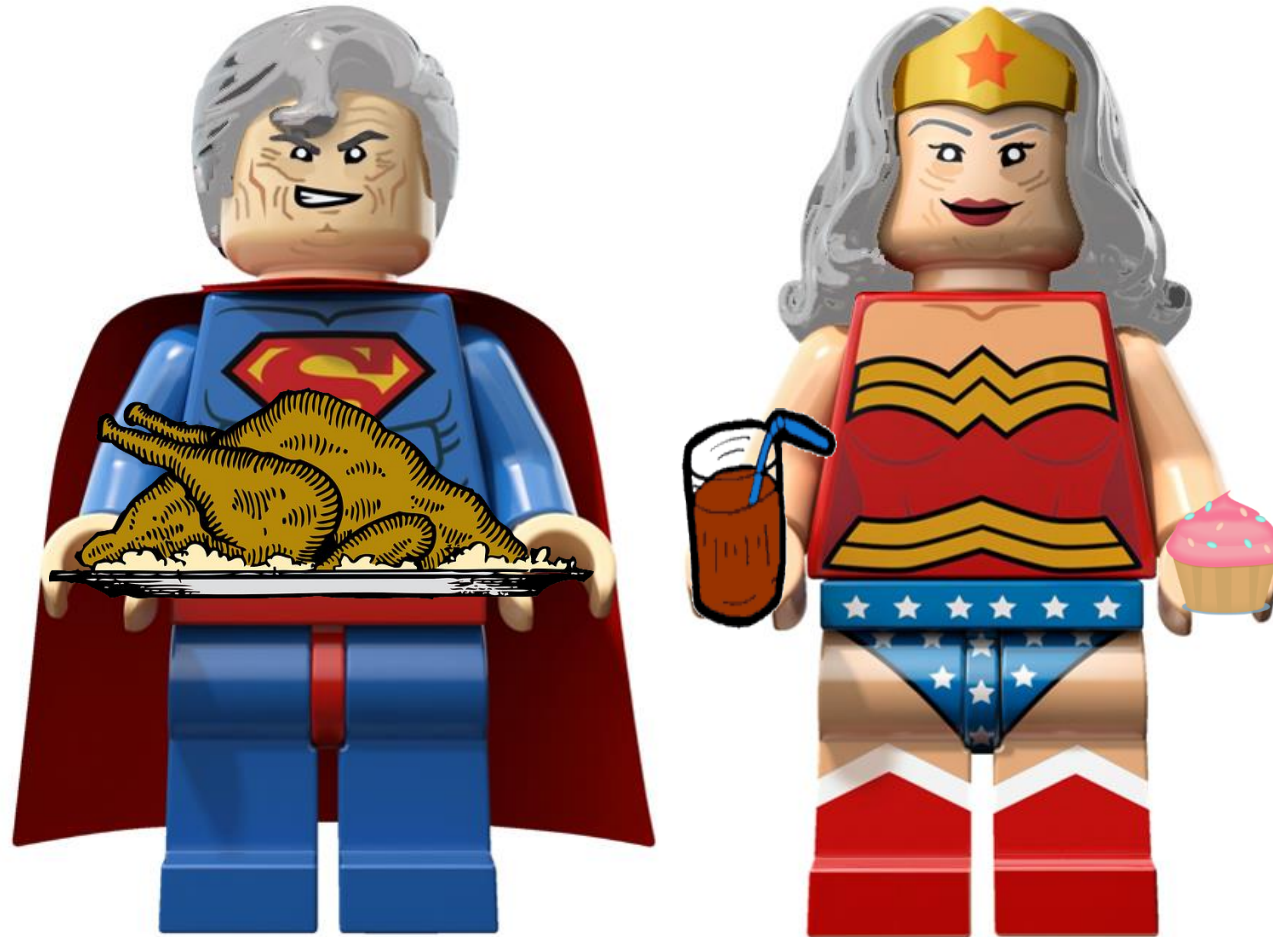
	Functional Status	Quality of Life	Adm to nursing home	Acute Care	Mortality
Charlton 2012			↑	∅	↑
Neumann 2005	↓	↓	↑		
Nicosia 2012					∅
Sullivan 1991					∅
Visvanathan 2004			↑	↑	



**Nutrition Status**



Family and friends of malnourished older adults – Superheros of the nutrition team!



*The Journal of Nutrition, Health & Aging*  
Volume 17, Number 8, 2013

**ARE INFORMAL CARERS AND COMMUNITY CARE WORKERS EFFECTIVE  
IN MANAGING MALNUTRITION IN THE OLDER ADULT COMMUNITY?  
A SYSTEMATIC REVIEW OF CURRENT EVIDENCE**

# The MARRC Study: Malnutrition in the Rural Rehabilitation Community

(Aug 2013-Feb 2014)

This study aimed to determine the **nutritional status**, physical function and health-related quality of life amongst malnourished older adults **with informal caregivers** admitted to two rural rehabilitation units and 12 weeks **post-discharge to the community**.





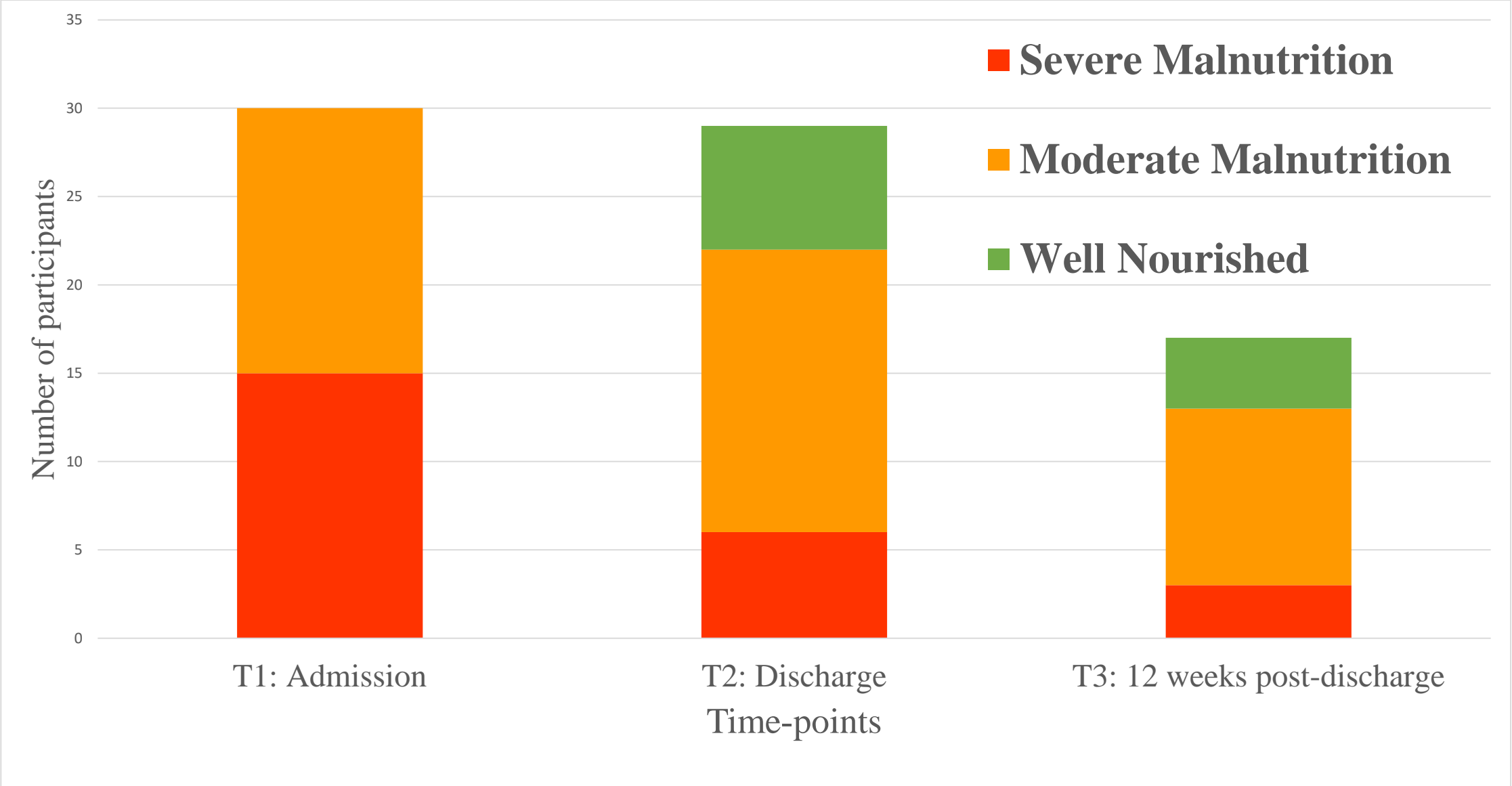
## Participants:

- Rehabilitation inpatients in rural NSW
- n=30, 79 years, 57% female
- Informal caregiver
- Live at home usually



Malnutrition assessment tool	Diagnosis via Scored Patient-Generated Subjective Global Assessment (PG-SGA)
Physical function	Modified Barthel Index
Health-Related Quality of Life	Assessment of Quality of Life (AQoL-6D)

# Nutrition status over time





Worsening physical function

Poor quality of life



We  
Need  
Your  
Help  
Please

- **Marshall, S., et al. (2015). "Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: a prospective cohort study " Journal of Aging Research and Clinical Practice: In Press.**
- Marshall, S., et al. (2013). "Are informal carers and community care workers effective in managing malnutrition in the older adult community? A systematic review of current evidence." The journal of nutrition, health & aging **17(8)**: 645-651.
- Marshall, S., et al. (2014). "The consequences of malnutrition following discharge from rehabilitation to the community: a systematic review of current evidence in older adults." Journal of Human Nutrition and Dietetics **27(2)**: 133-141.
- Marshall, S., et al. (2015). "Nutrition screening in geriatric rehabilitation: Criterion (concurrent and predictive) validity of the Malnutrition Screening Tool (MST) and the Mini Nutritional Assessment-Short Form (MNA-SF)." Journal of the Academy of Nutrition and Dietetics **In Press.**
- Marshall, S., et al. (2015). "Malnutrition in geriatric rehabilitation: prevalence, patient outcomes and criterion validity of the Scored Patient-Generated Subjective Global Assessment (PG-SGA) and the Mini Nutritional Assessment (MNA) " Journal of the Academy of Nutrition and Dietetics **In Press**

